

EMPOWERMENT through EDUCATION!!!



Instructors: Sergeant Jennifer Weaver and Meg Hatch

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program.

Our courses are taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our *free lifetime return and practice policy* for R.A.D. graduates. Class is available for all women ages 12 and older. Fee \$25.00

12 Hours of Training

November 16th and 17th

9am – 3:30pm

@ Waterville Police Department

Please call for more information

Sergeant Jennifer Weaver @ 680-4700

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